

TOPIC 18: STAYING HEALTHY/ TALKING TO YOUR HEALTHCARE PROVIDER**STATEMENT OF THE PROBLEM**

It is important for people with diabetes to know how often they need to be seen and monitored by their health care provider to stay as healthy as possible. It is also important to be able to communicate effectively with their health care provider to understand what needs to be done to manage diabetes and to be a partner in determining what treatment is needed.

KEY MESSAGES

1. You are the most important person in taking care of your diabetes and you and your provider are partners in your care.
2. Knowing what tests and exams you should have and when you should have them are important to staying healthy.
3. Being able to communicate effectively with your provider and health care team is important in managing your diabetes.

BACKGROUND

To manage your diabetes well, you and your health care provider need to work as a team so you can get the information you need to control your diabetes and be able to make decisions about your care and treatment. There are several things you need to do to help your provider give you the best care for your diabetes.

Before your visit, make a list of questions or concerns you have about diabetes and take your list to the visit. Make sure the provider hears and addresses your questions and concerns by talking about them with the provider.

Be ready to tell your provider about your diabetes control since your last visit. This includes your blood glucose readings, any symptoms you've been experiencing, any visits to the emergency room and any hospital admissions.

Bring all the medicines you take with you to the visit. This means the medicines you take for diabetes as well as any others. Have a written list of your medications and bring this with you to your doctor's appointment.

Ask your provider questions until you understand his/her directions or information. Bringing someone with you is helpful so you both hear the information. If you have a hard time with English, ask to have a translator at your visit.

Ask for a visit summary so you have something to take home that will remind you of what you are to do.

Make sure you get prescriptions for all the medicine you need.

Ask when your next appointment should be scheduled.

Keep phone numbers handy for medication refills, making appointments, contacting the nurse, and getting emergency help when you need it.

It is important for you to know what exams and tests you need and how often you need them to stay healthy and to help prevent complications of diabetes. Listed below is a table showing the important things you need and how often they should be done.

HOW OFTEN	WHAT NEEDS TO BE DONE
Once in your lifetime	<ul style="list-style-type: none"> • Get pneumococcal vaccine
Every Visit	<ul style="list-style-type: none"> • Blood pressure taken • Weight taken • Feet checked • Blood sugar readings reviewed
Every three months	<ul style="list-style-type: none"> • Regular visits to your health care provider • A1c test if medication has been changed or if the last test value was not at or below 7.0% level
Two times a year	<ul style="list-style-type: none"> • A1c if test results have been stable • Dental checkups and teeth cleaning (more often if indicated)
Every year	<ul style="list-style-type: none"> • Fasting blood cholesterol/lipid test • Kidney function tests (blood and urine) • Meet with the diabetes educator to update information/progress • Dilated eye exam • Foot exam for detection of numbness/problems with blood circulation • Flu shot • Meet with a Registered Dietitian for meal planning

Every 2 years	<ul style="list-style-type: none"> Fasting cholesterol/lipid blood tests if previous results indicate you are at very low risk. Eye exam if past one or two exams have been normal
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PATIENT OUTCOMES/GOALS

By the end of the educational session, the client with diabetes will be able to:

- Identify important screening/monitoring tests and their intervals to manage diabetes and help prevent complications.
- Identify one thing they can do to strengthen communication with their provider.

CHW ACTIONS	PARTICIPANT ACTIONS
<ul style="list-style-type: none"> Review the kinds and frequency of important screening tests/exams to manage diabetes and help prevent complications. Identify/discuss any barriers to effective patient/provider communication and problem-solve solutions. 	<ul style="list-style-type: none"> Discuss important screening/monitoring tests with the provider to identify which are most important for you and when they should be scheduled. Implement any strategies for improving communication with your provider. Make a list of all the medications you are taking.

TOOLS/TEACHING AIDES

- None

HANDOUTS

- Topic 18 Coversheet**.....[English](#) | [Spanish](#)
- Things to Do At Each Visit with Your Health Care Provider**.....[English](#) | [Spanish](#)
Source: [Public Health – Seattle & King County](#)

3. Daily Health Diary.....[English](#) | [Spanish](#)Source: [Public Health – Seattle & King County](#)**4. Action Plan.....**[English](#) | [Spanish](#)Source: [Public Health – Seattle & King County](#)

Version	Date	Description	Staff	Final
V.1.	12/23/2011	Original	KA/ JK	Yes
V.2.	01/29/14	Revised	JK/KN	Yes
V.2.1	08/07/2014	Updated Formatting	ND	Yes